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REHAB PROTOCOL: NONOPERATIVE PROTOCOL FOR LATERAL EPIDCONDYLITIS (TENNIS ELBOW)

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: (Pain and inflammation control)

Precautions:

- NO lifting weight or bands during this phase
- AVOID resistance exercise
- AVOID hand gripping exercises

PLAN

- Outpatient pain medications-oral and topical
- Therapeutic modalities during the acute phase
- Gentle passive stretching of the common flexor and common extensor origin muscle (to be done with elbow in flexion)
 1. Wrist flexion
 2. Wrist extension
 3. Wrist radial deviation
 4. Wrist ulnar deviation
 5. Elbow pronation
 6. Elbow supination
- Home Exercise program

Phase II: (Strengthening phase)

Starts as soon as patient's pain is well controlled and patient can tolerate phase I without much discomfort

PLAN

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

- Passive stretching of the common flexor and common extensor origin muscle (OK for the therapist to extend the elbow to get the extra end range stretch)
- Soft tissue mobilization and deep massage
- Elbow and wrist strengthening (forearm supination/pronation; wrist flexion/extension; wrist ulnar/deviation)
 1. Start with theraband and transition to light weights
 2. When working with weights start out with elbow in flexion and transition to elbow in extension to increase the intensity
- Home Exercise program

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____